



## **Nereid Boat Club Spring 2019 Middle School Rowing Contract**

This document must be read through carefully and signed by all rowers and parents for any rower to participate in Nereid Boat Club's Spring Middle School Rowing Program.

### **Practice Hours**

- Middle School Practice hours are from 6 – 7:30 PM, Tuesdays, Wednesdays, and Thursdays.
- Athletes are not to workout at the club outside of regularly scheduled practice times unless they have permission and supervision of a coach.

### **Attendance**

- Four unexcused absences will result in dismissal from the program for the remainder of the season without refund. Athletes can not expect their seat to be held due to tardiness, absence or having to leave early. We cannot guarantee that an athlete needing to leave early will be off the water on time.
  - An unexcused absence is defined as an absence that has not been approved by a coach at least 24 hours ahead of time. Exceptions to this include an emergency situation such as an unexpected illness or injury, or death in the family. A note from a parent, or preferably a doctor, is required in the event of an unexpected absence.
- All excused absences must be communicated at start of season or as soon as a parent and/or rower knows about it.
  - Absences during regattas are especially important. If a rower or parent does not inform the coaches about an absence from a regatta prior to a regatta entry deadline or one week prior to a regatta (whichever comes first), then they will be responsible for paying the forfeited entry fee and/or will lose the privilege to compete at the next regatta.
  - If a rower misses practice during the week leading up to a regatta then they cannot participate in that regatta.

- Athletes will be on time to practices and regattas. All athletes are expected to be in proper workout attire and ready to work at the start of practice. Practice is not completed and athletes cannot leave until a coach has dismissed them.
- If an athlete is going to be late to practice or a regatta due to traffic or other circumstances then they must text or email the coaches and give them an estimate of how late they will be.

## **Communication**

- Parents are expected to check their emails regularly so as not to miss any important notices that have been emailed out to the team. Parents are also expected to communicate any necessary information (whether it be regarding attendance or otherwise) to the coaches in a timely manner.
- In order to assist with mass communication, we will be making a GroupMe for all the middle school parents. This will allow the coaches to notify the parents of any necessary information quickly.
- Rowers are expected to communicate all necessary information that is passed along to them at practice to their parents. Similarly, rowers are expected to communicate any relevant information from their parents to the coaches.

## **Behavior**

- Athletes and parents are expected to at all times act with good sportsmanship towards both teammates and competitors as well as act responsibly and respectfully towards other club members, the boathouse and the equipment.
- Inappropriate use of language at the boathouse, on the river, and at regattas will not be tolerated.
- Practices and regattas are not social time. Athletes are expected to behave with a certain level of professionalism and understand that the practice and regattas are run on a strict schedule. Athletes must stay on task and do what the coaches require of them during practice and regatta times.
- All athletes and parents must respect that our club is simultaneously used by other adult club members and thus act responsibly and respectfully at all times.
- Athletes and parents will follow and respect all rules of the club.
- Conduct which results in harm, potential for harm, or the imminent threat of harm (including bullying, hazing, harassment, emotional misconduct, physical misconduct and sexual misconduct) will not be tolerated and will be grounds for immediate dismissal without refund, as well as reported to the appropriate authorities.

- All athletes are encouraged to:
  - Report honestly and immediately all incidents of bullying/cyber bullying/harassment to the Nereid coaching staff.
  - Avoid becoming involved in bullying incidents, both in person or on the internet.
  - Support rowers who have been or are subjected to bullying/cyber bullying/harassment.
  - Talk to the Nereid coaching staff and/or parents about concerns regarding bullying/cyber bullying/harassment.
- As a member of the Nereid Boat Club Junior Program both athletes and parents recognize that they represent Nereid at the boathouse, at regattas, in their community, and online. As a result they are expected to be a role model at all times and take responsibility for their actions.
- Inappropriate behavior (such as illegal acts, unsportsmanlike-like conduct, theft, fighting, and vandalism) is prohibited. Illegal acts while on club grounds or while representing Nereid at a regatta will result in immediate dismissal without refund.

## **Boat and Equipment Expectations**

- Every athlete is responsible for treating the equipment with care and respect.
- Every athlete is expected to wash down their boat, put their oars back in the appropriate spot, and properly strap their boat down in the boat racks.
- The last athletes to put their boats away are expected to put the goose guards back in place on the dock, put the boat slings away, and wrap the hose back up.

## **Academics**

- It is every athlete's responsibility to keep up with their schoolwork while fulfilling their commitment to Nereid. Rowers must learn proper time management and are encouraged to talk to the coaches if they are struggling to manage all their responsibilities.
- Although this team is not associated with any school, all athletes must be in good academic standing with their school. Athletes should be aware that failure to maintain academic standards could result in dismissal from the team for the remainder of the season.

## Boat Selection and Regatta Preparation

- Racing for Nereid is a privilege, not a right. Rowers must earn the right to race and are not guaranteed to race during the season.
- Boat line-ups will be made based on various considerations and are ultimately up to the coaches' discretion.
- Novices may race during their novice year of rowing but are not guaranteed to. Every rower progresses at their own rate and some rowers may not be deemed ready to race during their novice season or even year. The biggest concern when determining whether someone is ready to race is safety. For questions regarding whether you or your child is ready to race, please reach out to the coaches.
- Rowers will be required to be present at the boathouse during trailer loading for all regattas that require us to de-rig the boats and load them onto the trailer. This will typically occur on either a Thursday, Friday, or Saturday afternoon/evening, depending on the regatta. Similarly, the rowers will be required to help unload the trailer and re-rig the boats after a regatta. This will either happen immediately upon returning from a regatta, or during the next scheduled practice time.

## Regatta Schedule

- Saturday, March 23<sup>rd</sup>: Metropolitan Youth Speed Order @ Kearny, NJ
- **Saturday, May 11<sup>th</sup> – Sunday, May 12<sup>th</sup>: Mid-Atlantic Youth Championships @ West Windsor, NJ\***
- Thursday, May 30<sup>th</sup>: End of Season Nereid Team Regatta @ Nereid Boathouse

All rowers who race will be required to become members of USRowing. Instructions on how to accomplish this will be emailed to athletes and parents during the early part of the season.

There is also a local regatta (tentatively) during mid-May: the Passaic River Sprints. However, this regatta has not finalized a date, so it is not included in the above schedule. This regatta will be run out of Kearny, NJ and will be open to all rowers who are eligible to race (so long as the date does not conflict with another regatta).

\*Mid-Atlantics is tentative for middle school rowers and will only be available to crews/rowers who have earned the right to compete there. These crews/rowers will have missed virtually no practice, shown focus and commitment at practice, and have proven their speed on the water. Any crews/rowers who have earned the right to compete at this regatta may be asked to come to additional practice leading up to the race.

## Contacting the Coaches

Most questions and concerns should be addressed to the head coach via email. Time sensitive issues or issues regarding tardiness at a practice or regatta should be communicated via text message. All phone calls should be scheduled ahead of time.

Dylan Gould – Head Coach  
[headcoach@nereidbc.org](mailto:headcoach@nereidbc.org)  
(631) 332 – 7563

Lissette Gomez – Assistant Coach  
[gomezlissette0@gmail.com](mailto:gomezlissette0@gmail.com)  
(862) 452 – 1499

Nyles Mendez – Assistant Coach  
[nylesmendez@gmail.com](mailto:nylesmendez@gmail.com)  
(201) 681-9979

Gregg Seiz – Assistant Coach  
[Gtseiz973@gmail.com](mailto:Gtseiz973@gmail.com)

## Consequences

Athletes who violate the terms and conditions stated above will incur the following consequences:

### First Offense:

*The first violation will be a warning. Any Nereid coach can issue warnings. The head coach must be informed of all issued warnings. The head coach may request a meeting with the athlete and their parents as a result of an issued warning.*

### Second Offense:

*The second violation will result in an immediate dismissal from the program, without refund.*

*If a coach judges that a violation is sufficiently dangerous or improper, they can dismiss an athlete from the program without a first warning and without refund.*

By signing this form, you agree to the terms and conditions expressed in Nereid Boat Club's Spring 2019 Middle School Rowing Contract. Violations of these policies, other rules set forth by the club board, or rules presented to the athletes during the season may result in suspension or dismissal from the program without a refund.

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**Athlete Signature**

**Print Name**

**Date**

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**Parent Signature**

**Print Name**

**Date**